

LIFE LINE

Family and Consumer Sciences Newsletter
Cheatham County

February 4, 2020

Vol. 3 Issue 2

Mark Your Calendar

FEBRUARY

- 6 – My Fair Lady TPAC
- 7 – Club Project Reports due to County Office
- 10- Pie Contest – Sr. Center 9:00 a.m.
- 10 – Day Club FCE – 9:00 a.m.
- 18 – Cumberland Valley Club meets (date change)
- 27 – Health Council/Community Enhancement Coalition 5:0 p.m.

MARCH

- 2 – Dr. Seuss Day
- 2 – FCL applications due to Region
- 12 – Cheatham County Health Fair 6:00 p.m.

Pie Day

February 10, 2020

9:00 a.m.

Bring your favorite pie to the Sr. Center on February 10 for the annual Pie Day Competition. Your pie may be fruit, sweet, meat or any other form of pie. It just has to be delicious! Pies will be judged at 9:00 a.m. Soup and pie will be served at lunch for FCE members.

National Wear Red Day February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.



NIH National Heart, Lung, and Blood Institute



#WearRedDay
hearttruth.gov



Join us on National #WearRedDay, Feb. 7, to raise awareness about heart disease. Wear red and pledge to be more active to protect your heart this #HeartMonth. #MoveWithHeart



TN REGISTERED JUDGING SCHOOL

FOR FAIRS AND FESTIVALS

May 5, 2020 - UT Space Institute, Tullahoma, TN
May 7, 2020 - Cumberland University, Lebanon, TN
9:00AM \$40 per participant

Register with your local Extension office by March 30th.

2020 Sessions

Rank top 5 Topics

Cut Specimens Basketry Breads
 Eggs Fruits Hay
 Honey Photography Quilts
 Vegetables

Canning, Drying, & Fermentation
 Sewing: Linens & Household Items

Special needs (physical/dietary):

Choose one date and location

May 5, UT Space Institute May 7, Cumberland University

Make checks payable to UT Extension

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
 University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
 UT Extension provides equal opportunities in programs and employment.

fce Club Member Report Form

At our January meetings we began utilizing the new fce Club Member Report Form. We will utilize this form to calculate our Blue Ribbon winners in 2020. This will take the place of our voting for Woman of the Year. Since this is new, I am going to place reminders or suggestions of possible activities to mark each month. You may have earned points in January if:

- You attended your January meeting. You may “make-up” a meeting by attending the alternative club.
- You attended the Central Region Information Day (10 pts.)
- If you are serving as an officer for fce club or the County Council. (7 pts.)
- You attended the County Leadership Day (7 pts.)
- You served your community outside of the fce club activities. (7 pts.)
- You recruited a new member (7 pts.)

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NOTICE:

DAY CLUB FCE

Will be meeting on the
2nd Monday of each month
at 9:00 a.m.
Sr. Center at Ashland City

MARCH 20, 2020

Family and Community Education members will be serving lunch at the Sr. Center. This will be a Taco Bar and dessert. See Kathy Nicholson for details.

WANTED:

I am looking for individuals who would be willing to serve as Department Heads for our Fair Exhibits. I will need volunteers to coordinate the following Departments:

Original Art	Educational Exhibits
Baking	Related Arts & Crafts
Canning	Clothing
Needlework	Photography
Holiday Décor	

I will meet with each Head to discuss entries/categories. Please call or email me if you are willing to oversee one Department for the fair. That does NOT mean you have to be there the entire time.

Leadership Development Opportunity

Your club needs you! We have been provided with five Leader Lessons for 2020. Please consider taking one of these lessons and presenting at your club. I will help you print handouts and put together any materials you may need. The topics for this year are:

I Want It It's Mine – planning for non-titled property

Savvy Sellers and Bargain Hunters – Fun ways to declutter your home

Meal Prep and Freezing – Your freezer can help prepare for days you don't want to cook.

Seeing is Believing – eye health

Family Celebrations – provides inspiration and practical tips for you to plan special celebrations that reduce waste and expense, emphasize meaning over material goods, and strengthen relationships.

Contact your club President/Vice-President if you are interested in presenting a lesson this year.

Recipe of the Month:

Each month I would like to post a favorite recipe from an FCE Member. Please send me your favorites and it just might get published in the newsletter! This month's recipe comes from Mrs. Judy Gilmore. We enjoyed her delicious pickles at Cumberland Valley FCE meeting Thursday night.

Hot Pickles

- 1 gallon dill pickles (pour out all of the juice)
- Chop pickles and put back in jar.
- Add 2-4 lbs. of sugar, half a bottle of hot sauce and chopped garlic to taste.
- Let stand in jar for 2 weeks. Be sure to shake it every few days.

Pickles are ready to enjoy!

4th Annual

CHEATHAM STRONG COMMUNITY HEALTH FAIR

Date: March 12, 2020
Time: 6:00-8:00 P.M.
Location: Ashland City Elementary School

FREE

- ★ Vendors
- ★ Tasting Stations
- ★ Prizes
- ★ Health Screenings
- ★ Games
- ★ Demonstrations



FREE

CHEATHAM COUNTY Community Enhancement COALITION



TN Department of Health

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Would you like to help others live healthier lives?

- ♥ Healthy eating and weight management
- ♥ Exercise to improve balance and flexibility
- ♥ Preventing and managing chronic diseases
- ♥ Behavior change strategies that stick
- ♥ And more!

JOIN OUR GROUP!

Get 40 hours of training in exchange for 40 hours of service to support healthy living programs in your community!

Contact your Extension Family & Consumer Sciences Agent for more information!
Aneta Eichler
615-792-4420 or adodd2@utk.edu

EXTENSION HEALTH & WELLNESS AMBASSADORS

Become a Master Health & Wellness Ambassador

When: Tuesdays, April 7 – May 5

Time: 9:30 a.m. – 3:00 p.m.

Where: Pleasant View First Baptist Church

Cost: \$125 (covers materials, shirt and certification)

Deadline for Application is March 13, 2020.

Contact our office at

615-792-4420 for application.

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TRIVIA TIME

Each month I am going to post a trivia question in this box. I will give the answer in the following month's newsletter. Feel free to email or call if you think you know the answer. There just might be a winning give-away.

January Question: What was the first American City to establish a municipal police force? In what year did this take place?

Answer: Boston

In cities, increasing urbanization rendered the night-watch system completely useless as communities got too big. The first publicly funded, organized police force with officers on duty full-time was created in Boston in 1838

February Question: If you were to stretch out your blood vessels, how far would they reach?

All dates, forms, contacts and information can be found on the TAFCE Website. WWW.TAFCE.ORG

UT/TSU Cheatham County

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